DOCUMENT RESUME

ED 178 470 SP 014 079

TITLE	Fire Safety Through Physical Education.
INSTITUTION	Baltimore City Public Schools, Md.
PUB DATE	77
NOTE	31p.; Not available in hard copy due to marginal reproducibility of original document
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Educational Games; *Fire Protection; *Learning Activities; *Physical Education; *Primary Education; Safety; Teaching Methods

ABSTRACT

This teachers' guide outlines physical education activities designed to familiarize students with body movement and drill patterns essential in a fire emergency situation. Activities are presented in the form of fire-related games. Each game is organized by concept to be developed, objective, grade level, area in which to enact game, and equipment necessary. The material is intended for grades K-3. (LH)

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Fire Safety

Through Physical Education

U.S. DEPARTMENT OF HEALTH
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FOREWORD

Jean Piaget, in his studies from a developmental point of view, concluded that higher learnings are based on early motor experience and young children learn best from activities which use movement responses in game situations. It was based upon this theory that these guidelines Fire Safety Through Physical Education were developed through a cooperative effort of the Baltimore City Fire Department and the Office of Physical Education in the Baltimore City Public Schools. These physical education activities were planned to aid in the development of safe fire prevention skills for pre-school through third grade children.

The effectiveness of these guidelines will depend greatly on the combined interests and efforts of the physical education and classroom teachers in upgrading the learning opportunities for young children in this area of concern for safety.

Sincere appreciation is expressed to Lieutenant David Echols, Baltimore City Fire Department, Dr. Frank Bennett and Daniel Dixon, Office of Safety Education, and Marvin Demb, Samuel Edmonds, Josephine Grant and Loretta Hirt, physical education teachers, who have worked so diligently together in developing this program of worthwhile activities.

Fred Appleby,

Coordinator of Physical Education & Athletics

FA/rr

CITY OF BALTIMORE

WILLIAM DONALD SCHAEFER, Mayor

DEPARTMENT OF EDUCATION

ASSISTANT SUPERINTENDENT, DIVISION OF
INSTRUCTION AND CURRICULUM MANAGEMENT
1401 East Oliver Street
Baltimore, Maryland 21213

Dear Colleagues:

Residents of the City of Baltimore have experienced several tragic and fatal fires over the course of the past few years. Education of our citizens in fire safety and fire prevention is vital.

This guide is an attempt to answer the need for intensive educational activities in fire prevention and fire safety. It was developed through a cooperative effort of the Baltimore City Fire Department and the Office of Physical Education of the Baltimore City Public Schools. We entreat you to make this material a vital part of the educational experiences of our children. Through such efforts it is hoped that lives and property will be saved.

Sincerely,

T. R. Foster

Thomas R. Foster
Assistant Superintendent

kg

CONTENTS

Page

Foreword.....1

Letter of Transmittal.....ii

Games

Fire House Relay.....1

Rescue Relay.....2

Brothers and Sisters.....4

Fire Bug.....4

Fire Monster.....5

Fire and Water.....6

Fire Drill.....7

Closets and Doors.....8

Matches Game.....9

Fire Trap.....10

Fire on the Mountain.....10

Hook and Ladders.....12

Fire Chief and Fire Bug.....13

Singing Games -

Here We Go Round the Fire Station.....14

The Fireman Is Here.....15

The Fireman.....16

Self Testing Activities

Stunts and Tumbling.....18

Imitative and Creative Movement.....19

Fire Safety Obstacle Course.....21

GAMES

FIRE SAFETY THROUGH PHYSICAL EDUCATION

Fire House Relay

Concepts To Be Developed:

Protective clothing worn by fireman
Closest fire station responds to fire alarms
Quick and safe response by fireman and apparatus

Objective:

On a given signal, the child will use a locomotor movement such as walking, skipping or running and move from a starting point to a designated area and return in a safe manner.

Grade Level:

1 - 2 - 3

Area:

Gym and playground

Equipment:

None

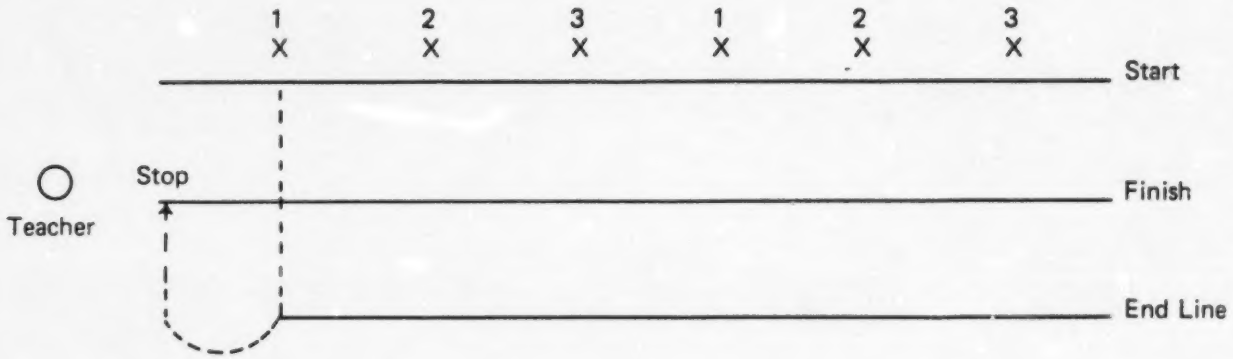
Activity:

Have children arranged in line formation and sitting. Give each child a number which will represent his fire house number. Several children will have the same number. When a child's number is called, he will stand up and pretend to don fireman boots, coats, gloves, and helmet. He will then proceed to run to a designated line and back to a finishing line and imitate the actions of a fireman. (Example - climbing a ladder; spraying water, etc.) The first child to reach the finish line without falling or running past the stopping point will be declared the winner. All players will return to places and get ready for the next number to be called.

(Variation) Increase distance.
General alarm call for all participants.

Fire House Relay
Page 2

Activity (continued):



Vocabulary:

Helmet, Boots, Alarm, Coats, Gloves, Fire Station.

Rescue Relay

Concept To Be Developed:

Leading another person to safety.

Objective:

Using creeping and/or crawling movements, the children will be able to travel in pairs to a given point.

Grade Level:

2 and 3

Area:

Playground and Gym

Equipment:

None

Activity:

Two or more teams of equal number are arranged in file formation. A finish line about 15 feet from the starting line is designated as a goal line. The first player stands behind the goal line facing the other players of his team. On a signal, he creeps to the starting line, takes the outstretched hand of player No. 2, and they run together back to the goal line. No. 1 remains standing behind the goal line, while

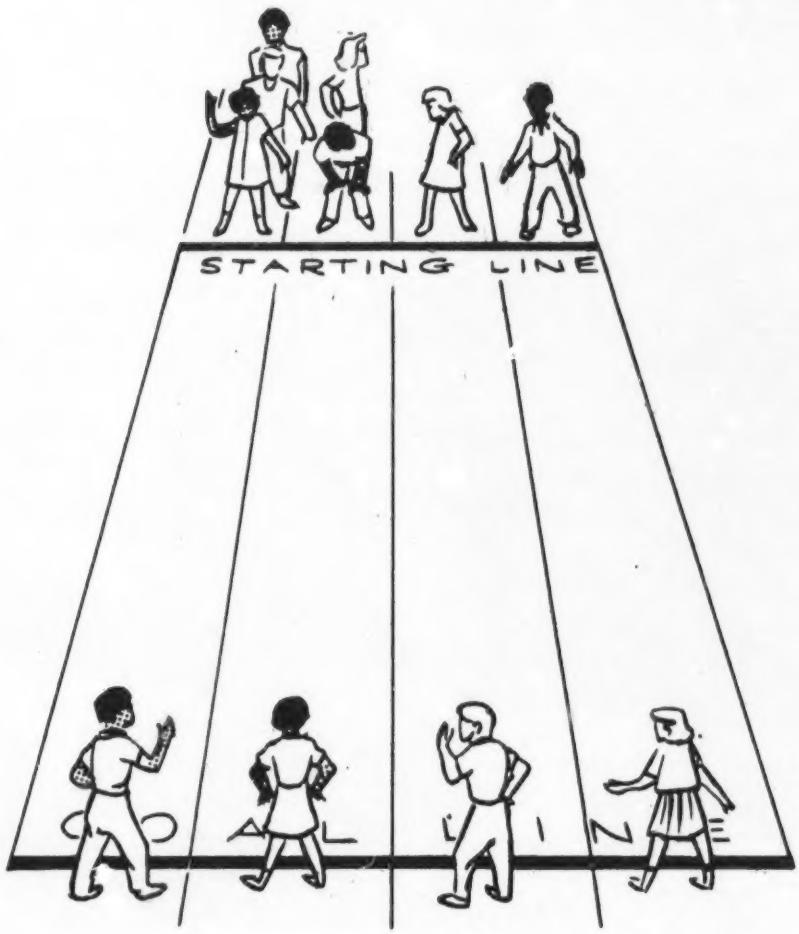
Rescue Relay
Page 2

Activity (continued):

No. 2 returns to bring No. 3 in like manner. This continues until all players on each team are behind the goal line. The team finishing first wins a point.

FOULS: 1. Releasing partner's hand before crossing goal line.
2. Starting over line before hand is grasped.

(Variation) Walk or run rescue.
Increase distance.



Vocabulary:

Rescue, Creep, Crawl

Brothers and Sisters

Concept To Be Developed:

Finding and leading another person to a safe position.

Objective:

On the signal each child will be able to find a partner and drop to the correct position.

Grade Level:

2 and 3

Area:

Playground and gym

Equipment:

None

Activity:

Players form a double circle. The inside circle players face left; the outside circle players face right. When the signal is given, both circles march, hop or skip in the opposite direction. When the whistle is blown, partners find each other, join hands and drop to a creep/crawl position. Process of elimination continues until one couple is left.

(Variation) Divide the players into two teams. Instead of eliminating players, keep score; the first team to have everyone in a creep/crawl position scores a point.

Vocabulary:

Creep
Crawl
Brother
Sister

Fire Bug

Concept To Be Developed:

Firebugs cause fires.

Objective:

Children will be able to demonstrate skill in throwing and dodging.

Grade Level:

K - 3

Fire Bug
Page 2

Area:

Classroom, playground and gym

Equipment:

Playground ball, bean bag, yarn ball

Activity:

(Scattered formation) One player is chosen to be the "good citizen". He is given a rubber ball. Other players are fire-bugs. The "good citizen" chases the fire-bugs around room or specified area of playground. When close enough, the "good citizen" throws the ball at the fire-bugs (ball must hit below waist). Anyone hit is "out" and is eliminated from the game. At the end of the game, a new "good citizen" is chosen.

(Variation) Two "good citizens" may be used.
Different objects can be used in place of balls (yarn balls, newspaper balls, sponges, bean bags, etc.)
Colors used to designate fire-bugs and "good citizens"

Vocabulary:

Fire-bug
Citizens

Fire Monster

Concept To Be Developed:

Moving away from fire.

Objective:

Children will be able to travel from one area to another without being tagged.

Grade Level:

K - 3

Area:

Playground, gym and classroom

Fire Monster
Page 2

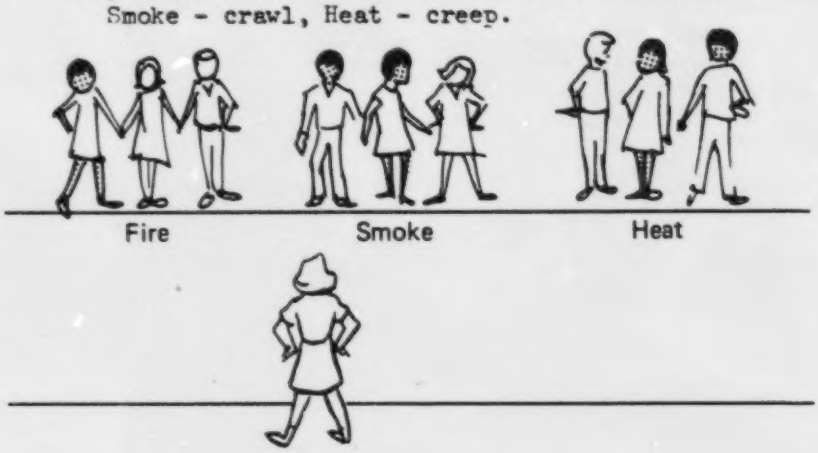
Equipment:

None

Activity:

Two parallel lines about 20 feet apart are marked off on the playground. A player, the Fire Monster, stands in the center of the playing space. The other players form on one of the lines facing the Fire Monster, and each is given fire terms, such as Fire, Smoke and Heat. Three groups make a successful game. The Fire Monster calls the name of any group he desires. If Fire is called, the children who have been named Fire run to the opposite line. The Fire Monster tries to tag as many runners as he can. Those caught help the catcher when the game starts again. The game continues for a period of five minutes, or if desired until all have been caught.

(Variation) Entire group can move together.
Play with terms of a certain action, i.e., Fire - walk, Smoke - crawl, Heat - creep.



Vocabulary:

Fire
Heat
Smoke
Opposite direction

Fire and Water

Concept To Be Developed:

Extinguishing fires.

Objective:

Children will demonstrate chase and tag techniques.

Grade Level:

1 - 3

Fire and Water
Page 2

Area:

Playground, gymnasium, classroom

Equipment:

None

Activity:

Players form a circle, hands joined. One player is chosen for "Fire" and one for "Water". "Fire" hides behind one of the players on the circle. "Water" stands in the center with closed eyes and counts to 10. "Water" then tries to find "Fire" and gives chase. The players let the "Water" in and out of the circle as he chooses, but they try to contain "Fire" so that it may be caught. When "Fire" is caught, two new players are selected.

Vocabulary:

Fire
Water
Extinguish
Contain

Fire Drill

Concept To Be Developed:

Safe exits.

Objective:

On a verbal signal, the child will be able to walk to the nearest safe exit.

Grade Level:

K - 3

Area:

Classroom, gymnasium, playground

Equipment:

None (accept what is designated as a safe exit)

Activity:

Have children move freely about the gymnasium. On the verbal signal,

Fire Drill
Page 2

Activity (Continued):

"Fire Drill," the children will line up in groups at the nearest exit. The teacher will have the exits marked at different locations throughout the gymnasium. At the command "freeze," all movement must stop. The group lining up the quickest and most orderly will be declared the winners. Emphasize, children should move to the nearest exit.

(Variation) Blocked exits.

Instant Action - The following conditions are given orally by the teacher or another pupil. The last player responding or the player who responds incorrectly is "out".
Fire on right - (response) move left
Fire on left - (response) move right
Fire in front - (response) move backward
Fire behind - (response) move forward
Front door blocked - (response) move to locker room doors
Girls' door blocked - (response) move to front door and boys' door
Boys' door blocked - (response) move to front door and girls' door

Vocabulary:

Exit
Fire drill

Closets and Doors

Concept To Be Developed:

Do not hide during a fire.

Objective:

The children will be able to recognize and move to the nearest exit.

Grade Level:

1 - 3

Area:

Playground, gymnasium, and classroom.

Equipment:

None

Activity:

Children move freely through gym and on signal "Fire" each child must go to a door (two people holding hands) and sit, if a child goes to a group of 3 people,

they are trapped in a closet and are caught. Those caught replace closets and doors.

(Variation) False alarm - Children do not go to any door or closets, those who do are caught.

Vocabulary:

Closet
Exit
False alarm

Matches Game

Concept To Be Developed:

Matches are dangerous.

Objective:

Each child will be able to quickly pass and receive an object laterally without dropping it.

Grade Level:

K - 3

Area:

Playground, classroom, gymnasium.

Equipment:

Small object (bean bag, eraser, simulated matches)

Activity:

Players form a circle. A bean bag (or an eraser) designated as matches is passed around in a circle from player to player as quickly as possible. Each player must accept matches as they are passed to him. A designated player with eyes closed (not included in the circle) yells "burn". The player in the circle who is caught holding the matches is "out" and is eliminated from the game. A player who drops object is also eliminated.

(Variations) 2 boxes of matches moving at same time

Pass matches by tossing and catching

Vocabulary:

Matches
Burn

Fire Trap

Concept To Be Developed:

Avoid contact with fire.

Objective:

The child will be able to travel in various directions and stop at a safe distance from his/her opponent.

Grade Level:

K - 3

Area:

Gymnasium, playground, classroom.

Equipment:

None

Activity:

Divide class into 2 teams. One team sits in a scatter formation and are the fire, the other group moves freely throughout the gym. On a given signal, each child freezes. If a fire can reach and touch a person, then they must change places for the next game.

(Variations) Playground - stoop

Classroom - sit at desk

Vocabulary:

Fire trap

Fire On The Mountain

Concept To Be Developed:

Fires in wooded areas.
Different types of firefighters (park rangers, auxiliary firemen)

Objective:

The child will be able to run in a circular direction and stop on a given signal.

Grade Level:

1 - 3

Fire On The Mountain
Page 2

Area:

Playground, gymnasium, classroom.

Equipment:

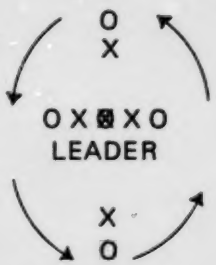
None

Activity:

Arrange children in a double circle facing in with a "Forest look-out" in the center. The inner circle of players are trees, who do not run; the outer circle are firemen, who run around the circle when the look-put calls, "Fire on the mountain" and begins to clap his hands over his head. He suddenly stops clapping and runs in front of a "tree" and stays there. Immediately all the firemen get in front of "trees", one tree for each. One child will be left without a tree. Have children alternate positions and select a new look-out.

O = RUNNERS

X = TREES



(Variations) Rename game, "Sound the Alarm".

Change trees to fire boxes.

Change forest to house.

Vocabulary:

Park ranger
Forest
Alarm
Lookout tower

Hook and Ladders

Concept To Be Developed:

Traffic safety.
Emergency vehicle right-of-way.

Objective:

The child will be able to move in various directions without colliding and stop on a given signal.

Grade Level:

K - 3

Area:

Gymnasium, classroom and playground.

Equipment:

None

Activity:

Scattered formation. Arrange children into two groups designated as hook and ladders and automobiles. The entire group will then travel in various directions throughout the gymnasium. When the teacher sounds the alarm, those children designated as automobiles must stop and freeze immediately. The hook and ladders will continue to move about freely until the all clear signal is given. Any automobile that continues to move will receive traffic tickets. Cars receiving two tickets will lose their license to drive. Hook and ladders that collide while continuing to move will be removed from the floor and taken to the repair shop. Have children alternate groupings.

(Variations) Move in specific patterns (normal traffic movements).

Use other types of fire trucks.

Vocabulary:

Emergency
Emergency vehicles
Right-of-way
Hooks and ladders (ladder truck)

Fire Chief and Fire Bug

Concept To Be Developed:

Firebugs are dangerous.
Learn the proper response in fire situations such as clothes on fire, heavy smoke, etc.

Objective:

For the child to recognize the opposite person, and use safe chasing and tag techniques.

Grade Level:

1 - 3

Area:

Playground, gymnasium

Equipment:

None

Activity:

The fire chief will ask the class to show the correct response for Clothes On Fire. One person is secretly selected to be the firebug and performs the wrong action. The fire chief must recognize and chase the firebug, all others will sit in space when the chase begins. Other signals will be used: Heavy Smoke, Hot Door.

Vocabulary:

Fire Chief
Firebug
Heavy Smoke
Clothes on Fire
Hot Door

SINGING

GAMES

"Here We Go Round The Fire Station" - Singing Game
(to the tune of "Mulberry Bush")

Concept To Be Developed:

Firemen perform many duties.

Objective:

After being taught the tune, the words and directions for the following singing game, pupils will be able to sing and imitate the activities of the fireman in different places.

Grade Level:

K - 1 - 2

Area:

Classroom, playground, gymnasium

Equipment:

None

Activity:

Form a circle, moving (walking or skipping) counter-clockwise on chorus.

Here we go round the fire station, the fire station, the fire station
Here we go round the fire station so early in the morning (afternoon)

*Chorus: What do you do at the fire station, the fire station, the fire station
What do you do at the fire station so early in the morning (afternoon)

You hang the hose up high to dry, up high to dry, up high to dry
You hang the hose up high to dry so early in the morning (afternoon)

*Chorus

You shine the big bright engine truck, big bright engine truck, big bright engine truck,
You shine the big bright engine so early in the morning (afternoon)

*Chorus

You check the calls at the fireman's desk, the fireman's desk, the fireman's desk,
You check the calls at the fireman's desk so early in the morning (afternoon)

*Chorus

You ride the truck to the house on fire, the house on fire, the house on fire,
You ride the truck to the house on fire so early in the morning (afternoon)

*Chorus

(Variation) Additional fireman duties may be added.

Vocabulary:

Fire station Hose Truck

"The Fireman Is Here" - Singing Game
(to the tune of "Punchinello")

Concept To Be Developed:

Firemen perform many duties.

Objective:

After being taught the tune, the words and directions for the following singing game, pupils will be able to sing and imitate the activities of the fireman in different places.

Grade Level:

K - 1 - 2

Area:

Classroom, playground, gymnasium.

Equipment:

None

Activity:

Form a circle, hands joined, move back and forth to tune.

The fireman is here - See what he can do to help you

The fireman is here - See what he can do for you

(Child in center mimics one of fireman's jobs)

We'll do it too, 'cause we know that it's important

We'll do it too, 'cause its good for you and you

(Children on circle mimic child in center)

Who do you choose - hum (hum tune)

Who do you choose - hum (hum tune)

(Child in center closes eyes, turns around, points finger, selects child to whom he's pointing when humming stops)

Child chosen goes to center and mimics a different job done by firemen.

Repeat all of above.

Vocabulary:

Fireman
Hose

"The Fireman" - Singing Game
(to the tune of "The Farmer")

Concept To Be Developed:

Firemen perform many duties.

Objective:

After being taught the tune, the words and directions for the following singing game, pupils will be able to sing and imitate the activities of the fireman in different places.

Grade Level:

K - 1 - 2

Area:

Classroom, playground, gymnasium.

Equipment:

None

Activity:

Circle formation: Each child does his own creative imitation as he sings each verse.

The fireman's at the house,
The fireman's at the house,
We all sing together when the fireman's at the house.

The fireman checks the house,
The fireman checks the house,
We all sing together when the fireman's at the house.

Additional verses:

- The fireman gets the hose
- The fireman squirts the water
- The fireman climbs the ladder
- The fireman saves the child, etc.

End

We all have a shout,
We all have a shout,
We all shout together, when the fireman's at the house.

"The Fireman"
Page 2

Vocabulary:

Squirts
Water
Ladder
Saves

SELF TESTING

ACTIVITIES

Self-testing - Stunts and Tumbling

Concept To Be Developed	Activity	Equipment	Grade Level
Clothes on Fire	Fire Roll - lie on floor, body straight, arms at sides. Roll over and over without aid of hands.	None	K - 3
Heavy Smoke	Smoke Creep - Get down on floor on hands and knees. Creep forward, backward, fast or slow. Smoke Crawl - Lie on stomach, push body forward with feet and/or hands.	None	K - 3
Door Obstruction	Ledge Walk - walk forward on balance beam, length of foot parallel to the beam. Avoid stepping off until end is reached. Dismount by stepping down. Walk sidewards, advance to end of beam by moving one foot and placing the other foot beside it.	Balance Beam Line - painted or taped on floor	K - 3
Crowded Area Exit	Touch Me Not - moving fast, slow, forward, backward, sidewards in any direction within a specific space - one player may not touch another player.	None	1 - 3
Trapped Above Ground	A. Jack-in-the-box - 1) jump high in the air, land in a tucked position. 2) jump high, land in a tucked position and then roll forward without the head touching the mat. B. Survival Skills - hold on and hang from climbing rope without letting feet touch the floor for a count of five. Pull the body up the rope to the height of 6 feet. Lower to the floor very slowly without sliding or falling.	Mats Climbing ropes Mats	1 - 3

Self-testing - Imitative and Creative Movement

Concept To Be Developed	Activity	Equipment	Grade Level
Actions of a Fireman	Lifting - windows, people, furniture Climbing - stairs, ladders, fences, walls Chopping - with the fire ax Push-Pull - furniture, ropes, tools, hose Carry - victims, tools Swinging - ropes, tools Tieing - ropes Swimming - victim in river Squirting hose - aiming Driving - truck Dressing - firemen put on boots, coat, gloves, hats, tools Jumping - roof to roof, out of windows Cleaning - shine the fire truck, hanging hoses, sweeping and mopping, shoveling	None	K - 3
Actions of Fire	Striking, dodging, jumping, turning, hopping, stretching, running, leaping	None	K - 3
Actions of Smoke	Bending, twisting, rising, turning, swinging, swaying	None	K - 3

Self-testing - Imitative and Creative Movement
Page 2

Concept To Be Developed	Activity	Equipment	Grade Level
Actions of a Fire Truck	Running, turning, backing up, stopping, starting, zig-zag	None	K - 3
Actions of a House Crumbling	Bending and shrinking	None	K - 3

Self-testing

Activity:

Fire Safety Obstacle Course

Grade Level:

K thru 3 (stations may be added or deleted as necessary; stations contingent on grade level)

Have each child attempt to complete the course. Winners will be based on the best time and fewest mistakes.

Suggested Activities:

A. Station One - Clothes On Fire

Starting from a standing stationary position, the child will be able to drop and do a side roll for the length of the mat.

Equipment: mat

B. Station Two - Heavy Smoke

The child will be able to travel on his stomach and chest under a prop two feet in height and six feet in length without knocking the prop off its supports.

Equipment: traffic cones, pla-tubes

C. Station Three - Evacuation

While traveling on his hands and knees and having a choice of three boxes marked "hot," exit," and "closet," the child will select the box marked "exit" through which to travel.

Equipment: large cardboard boxes

D. Station Four - Evacuation (Hanging and Dropping)

The child will be able to pull himself up the rope to a height of 5 feet as marked by the teacher. He will then hang and drop to the mat landing feet first.

Equipment: climbing rope, mat

E. Station Five - Jumping, Landing, Rolling

The child will be able to jump over a prop 2 feet in height, land on his feet and roll forward one time to a standing position.

Equipment: mat, traffic cones, pla-tube

Self-testing
Page 2

F. Station Six - Getting Help

Given a box with four different emergency telephone numbers, the child will be able to select that number which belongs to the Fire Department.

G. Station Seven - Ascending and Descending

Having taped a ladder diagram on the floor or using an actual ladder, the child will proceed in a forward or upward direction by alternating hands and feet on each rung. The child will also proceed backward or downward by reversing the procedure.

Equipment: floor tape, ladder

Note: The obstacle course should be a culminating activity growing out of previous activities and concepts presented earlier in the unit.

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1/12/77